



iLS Focus Series User's Guide

TABLE OF CONTENTS

INTRODUCTION & PARTS LIST..... 1

iLs QUICK START GUIDE..... 2

IPOD TOUCH OVERVIEW..... 3

IPOD INSTRUCTIONS & NAVIGATION 4

WARNING 6

IMPORTANT THINGS TO REMEMBER..... 7

CHARGING YOUR IPOD & iLs FOCUS AMPLIFIER.....8

SETTING AMP VOLUME LEVELS9

TROUBLESHOOTING 10

PRODUCT SUPPORT 11

SERVICE POLICY..... 11

WARRANTY 11

This system is not for resale; It must be used under the careful guidance of a trained practitioner.

INTRODUCTION & PARTS LIST

INTRODUCTION

The iLs Focus Series integrates multiple pieces of equipment into one system for performing the Receptive Phase of an iLs program. While this manual may not answer all users questions, we hope it will serve to guide users as they get to know the equipment through practice. Please check the contents of your package to confirm that your iLs Focus System has arrived in good working order. If there appears to be any damage incurred from shipping, please save all packaging materials and immediately contact the carrier to file a claim.

WHAT'S IN THE BOX

- Apple iPod®
- iLs Focus Amplifier
- iLs iPod-to-Amp Cable
- Custom Bone Conduction Headphones
- iLs Waist Pack
- iLs Carrying Case
- Integration Kit - (balance board, bean bags, racquet ball, hanging tennis ball, headband and Playbook)
- iPod Charger and Charging Cable
- iLs Focus Amplifier Charger

WARNING: Do not plug your iLs Focus iPod into a computer. Your iLs Focus iPod has been carefully pre-loaded with all the necessary music you will need to complete a unique listening program. By plugging your iLs Focus iPod into your computer you risk deleting the iLs Music. The iLs Focus iPod has been pre-programed to work as a stand-alone music player that does not require a computer for operation.

iLs FOCUS QUICK START GUIDE

SET-UP INSTRUCTIONS

The passcode for the iPod is ils1 (4571)

To change the passcode go to settings> general>passcode lock, (type in the current passcode) >change passcode, follow the instructions on the screen.

Make sure to document your new passcode.

Please keep your order confirmation/invoice in a safe place as it serves as your proof of purchase. Your warranty period begins on this date.

1. Connect the iPod-to-Amp cable to the iPod, then to the jack labeled "iPod" on the iLs Focus Amplifier. **Firmly push the connector plug all the way in.**
2. Feed the headphone cable through large hole in the top of the waist pack. Connect the headphone cable to the iLs Focus Amplifier in the jack labeled "head phones". **Firmly push the connector plug all the way in, and then screw the locking collar clock-wise until just snug.**



3. Power ON the iLs Focus Amplifier and iPod.
4. Select your music.
5. Place the iLs Focus Amplifier and iPod in the waist pack and enjoy listening.

NOTES:

- Before turning on the iLs Focus Amplifier, ensure all connections are snug. (If the connectors are loose you will hear a static sound when listening.)
- To power on the iLs Focus Amplifier, turn the AC knob clockwise until you feel a click, and the blue light on the face of the amp lights up. This knob is also the iLs Focus Amplifier's AC Volume.
- The BC volume knob of the iLs Focus Amplifier should be set at the level recommended by the iLs associate.
- Turn the iLs Focus Amplifier ON before you put the headphones on yourself or another person and remove the headphones before powering the iLs Focus Amplifier OFF. The iLs Focus Amplifier produces a slight popping noise when powered ON and OFF.
- Always make sure you put your headphones on with the cable on the left side.

IPOD TOUCH OVERVIEW

Battery Indicator

Home Screen

iLs Music Application

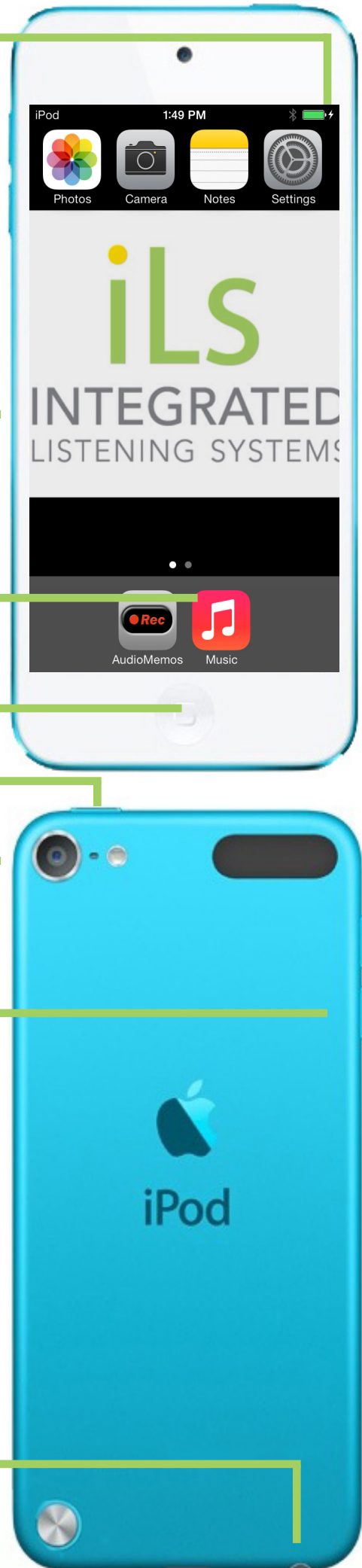
Home Button

Power/Hold Button

Camera

Volume Controls

Connection Point for
iPod-to-Amp Cable



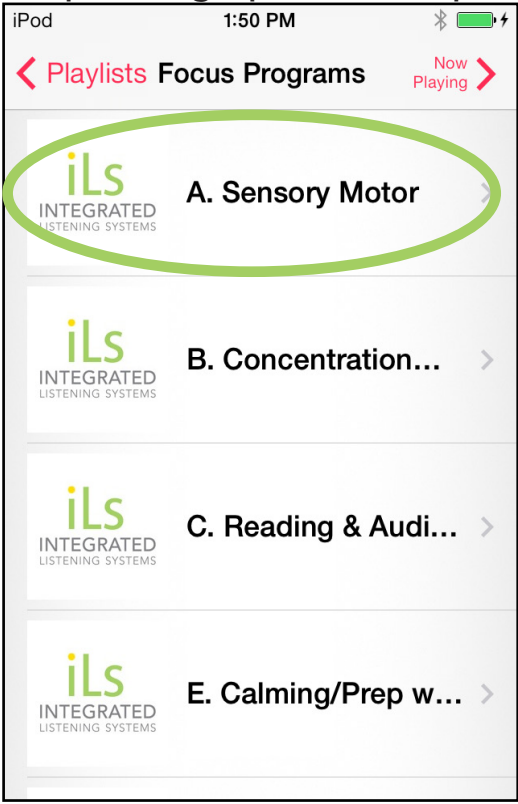
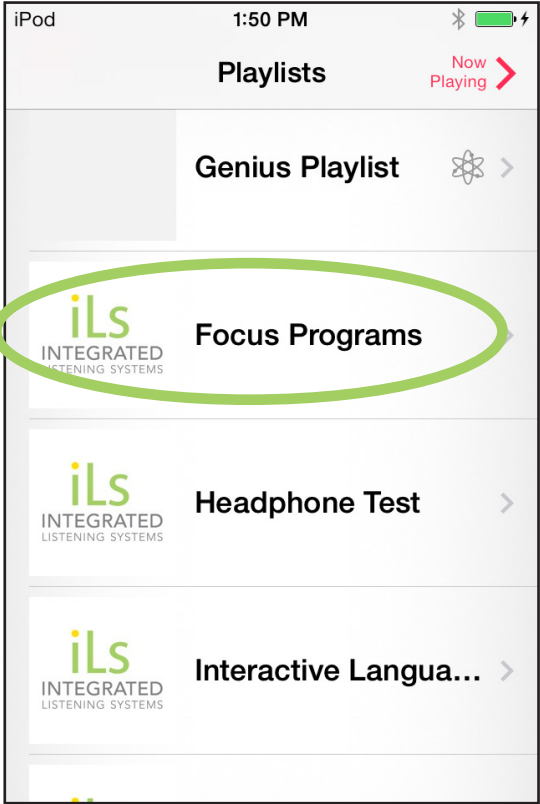
IPOD NAVIGATION & INSTRUCTIONS

HOW TO START YOUR LISTENING SESSION

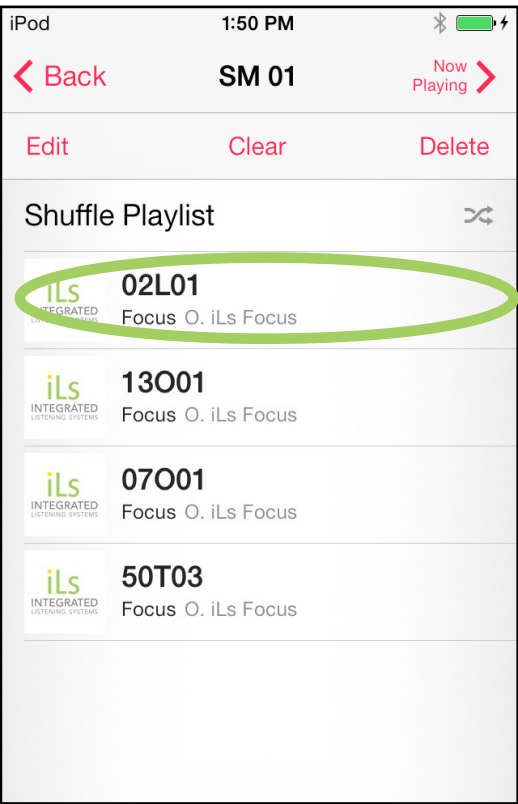
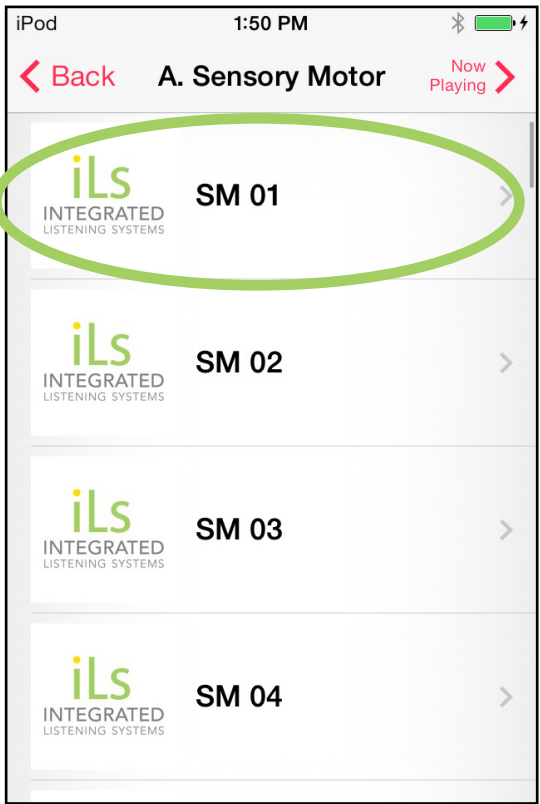
- 1. Turn ON the iPod by pressing the Power/Hold button, then swipe to unlock.
- 2. Tap the Music Application from the Home Screen.



- 3. From the playlist menu tap Focus Programs. *
- 4. Select your desired Program.
(The programs displayed on your iPod will vary, depending upon model purchased)



- 5. Select your session.
- 6. Select the first song in the playlist. **



* Tap Playlist in the lower left corner of the screen
** Do not shuffle playlist

IPOD NAVIGATION & INSTRUCTIONS

From here you can press the Power/Hold button to disable the touch screen.

Note: If either icons below are highlighted on, tap them once to turn them OFF.

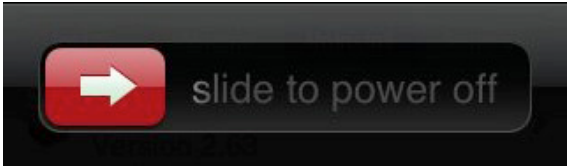


If you do not see this menu on your screen, Tap the center of the screen to make it appear.

Note: To return to the main menu press the Home button at any time.

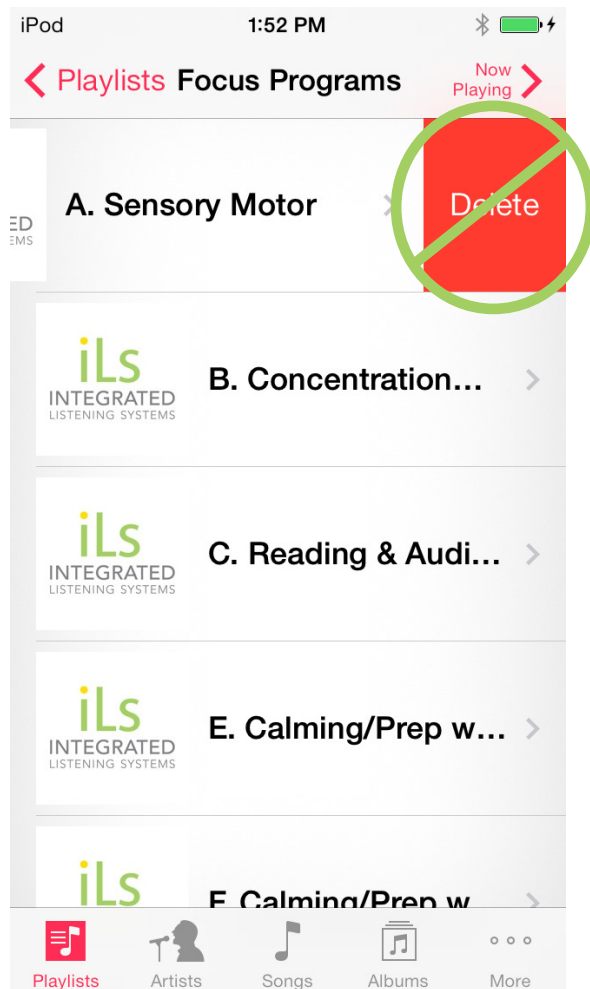


When you're done with your session, save battery life by powering down the ipod. Hold the Power/Hold button until the "Slide to Power Off" icon appears. Slide the red arrow to the right, this will completely power down the iPod.



* WARNING *

The new iPod Touch has the option of deleting the playlist. Swiping the navigation arrow (>) to the left over the playlist name will give you the option to delete the playlist. If you see the Delete icon, DO NOT PRESS IT OR YOUR MUSIC WILL BE DELETED. Swipe the list to the right to remove the Delete icon.



NOTE: If the playlist is accidentally deleted, you will need to send your iPod to iLs to be reloaded at owner's expense. Please contact our service department at 303-962-2524 or service@integratedlistening.com to obtain a return authorization number.

* IMPORTANT THINGS TO REMEMBER *

Reducing wear and tear

Minimize the frequency of plugging and unplugging cables from the iPod and iLs Focus amplifier.

Recharging

The iLs Focus Amplifier and iPod are re-charged separately. Each has its own charger.

Fading power

If you have a warbled or static sound it may be because the iLs Focus Amplifier is losing power; re-charge the black amplifier and try again! You may also notice the blue light flashing. This is a warning to re-charge the iLs Focus Amplifier before it dies.

Children

- Do not allow children to fiddle with the headphones and equipment. Store neatly in a safe place when not in use.
- Check the volume level before placing headphones on a child.

Headphone cables

Treat the headphone cables carefully; avoid twisting them. If you wish to coil the cord for storage, do so without twisting.

Power Protection

Always use a quality surge protector between your equipment and wall socket while charging. A surge protector can be purchased at electronic stores and is specifically for protection against power fluctuations (it is not the same as a power strip).

iPod

If your iPod freezes or won't play music or acts strange in any way, press the Power/ Hold and Home buttons down at the same time until the iPod restarts. This will reboot the iPod (like rebooting your computer). It will not cause loss of any information.

Before Every Session (Checking Volume Levels)

Always check the AC and BC volume settings before placing headphones on yourself or another person. This will ensure the AC and BC levels are not too loud for the listener and to ensure your system is in good working condition.

Disable the touchscreen before a session

Disable the touchscreen before placing the iPod in the waist pack to avoid unintentionally changing the program or stopping the music during a session.

CHARGING YOUR iLs FOCUS SYSTEM

To charge the iPod and iLs Focus Amplifier, attach the supplied chargers to the devices and a wall outlet using a surge protector. Fully charging the batteries takes about 4 hours. You can also fast-charge the battery to 80 percent capacity in 2 Hours. Charging the battery may take longer if you're using the iPod as it charges, so turn the iPod off while charging.

Charging FAQ's

Question: *Do I need to completely empty the battery before charging it, and does doing this prevent the so-called "memory effect"?*

Answer: *You don't need to empty the battery before charging it. Lithium-based batteries, like those used in the iPod and iLs Focus Amplifier, have none of the memory effects seen in nickel-based rechargeable batteries. You may charge the iPod or iLs Focus Amplifier battery whenever it is convenient. See page 10 for ways to extend your battery life.*

Question: *Should I leave the iPod and iLs Focus Amplifier connected to the charger whenever I'm not using it?*

Answer: *The battery stops charging when it's full. (Leaving it connected won't increase the charge). It's perfectly OK to leave it connected so it can charge overnight, for example.*

Question: *How long do the iPod and iLs Focus Amplifier batteries keep a charge without being used?*

Answer: *The standby time is 1 month when fully charged. After a month of not being used, the battery will likely be fully discharged. You may find that the battery is empty before then, and that's normal. Even when they are not being used, the iPod and iLs Focus Amplifier use a small amount of battery power. Lithium-ion batteries need to be used for maximum performance. If you don't use your device often, be sure to complete a charge cycle at least once per month.*

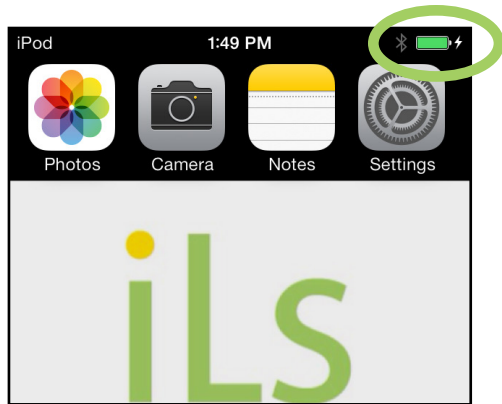
Question: *Why does the iPod stop playing even though the battery indicator says there's power left?*

Answer: *The battery indicator is only an approximation of the amount of power remaining.*

CHARGING YOUR iLs FOCUS SYSTEM

Charging Status

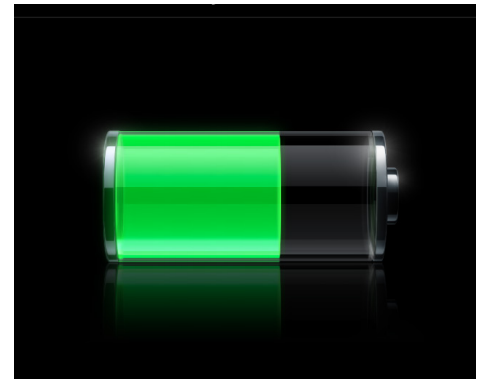
The battery icon on an iPod screen indicates the state of the internal battery. If the iPod is awake, a small version of the icon appears in the upper right hand corner of the display. If the iPod is asleep while being charged, a larger version of the same icon appears in the center of the screen. The images below depict the battery icon while in use and asleep.



Awake & In Use



Empty & Asleep



Charging & Asleep

The iLs Focus Amplifier shows a green light when charging; the light turns off when a full charge has been reached. The blue power light will flash when your iLs Focus Amplifier battery is low. Using the system at this point may compromise the quality of the music and/or Bone Conduction output.

SETTING AMP VOLUME LEVELS

Air Conduction Volume

The knob located on the left of the iLs Focus Amplifier controls the volume level of the Air Conduction. The proper volume level is comfortable for the listener and allows them to hear someone speaking to them. Please note that orchestral music has a wide “dynamic range” (the volume difference between the softest and loudest parts); setting the Air Conduction level too high may cause discomfort, pain and permanent hearing damage. Always check the volume setting before you put the headphones on yourself or another person.

Bone Conduction Volume

The knob located on the right side of the iLs Focus Amplifier controls the Bone Conduction level. The maximum level of 1 is the suggested level for most listeners. In cases of auditory or vestibular sensitivity, we recommend lowering the BC volume to a level which is comfortable and then gradually increasing the BC volume as the program progresses (but never beyond comfort level). We recommend checking the BC output using the BC Test each time you use your system.

TROUBLESHOOTING

If your iPod will not turn on or respond:

Rebooting the iPod

Press the Power/Hold button and Home button until the Apple logo appears.

Charging the iPod

Make sure the iPod is charged.

If you cannot hear music

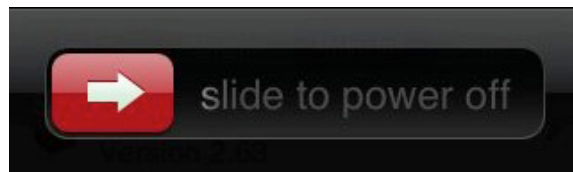
1. Check to make sure both the iLs Focus Amplifier and iPod are turned on, with the AC volume at the "9:00" position on the iLs Focus Amplifier.
2. Make sure the Play symbol (rather than Pause) is displayed in the upper right corner of the iPod screen.
3. Insure that all cables are connected, inserted fully and placed in the correct jacks.

If you hear static or crackling

1. Make certain all cables are firmly inserted.
2. Your iLs Focus Amplifier may need to be charged; charge fully and try again.
3. A connection between your headphones and the iLs Focus Amplifier may be disrupted.

Ways to extend your battery life

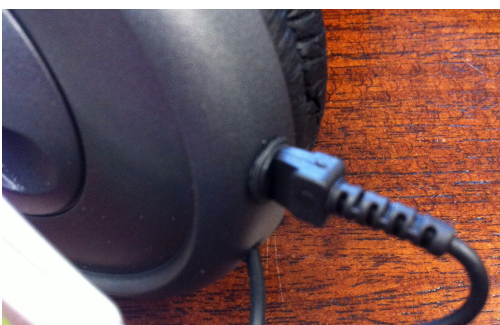
1. Power down the iPod when not you're not using it by holding the Power/Hold button until the "Slide to Power Off" icon appears. This will completely power down the iPod.



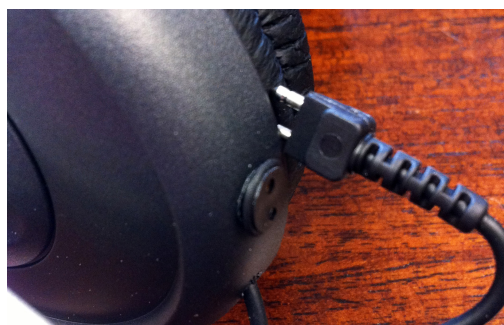
2. Use the iPod regularly. For proper maintenance of a lithium-based battery, it's important to keep the electrons in it moving occasionally. Be sure to go through at least one charge cycle per month (draining the battery all the way to empty). This is also true for your iLs Focus Amplifier.

Bone Conductor is not vibrating

First, set the BC volume to 1 on your amplifier. Then, go to playlist and play the BC Test from your iPod. Check the BC by holding it between your thumb and index fingers. If there is still no vibration, make sure the BC cable is plugged in tightly (see images below). If your BC still isn't vibrating, please contact iLs support.



Correct



Incorrect

PRODUCT SUPPORT & SERVICE POLICY

Once you have received the unit, please contact iLs within one week to review product set-up if assistance is needed. From the date of purchase, you are eligible for 30 days of free technical support via email and telephone. After 30 days, technical support is available at \$60/hour, billed in 15-minute increments. Additional free support can be found at www.integratedlistening.com/support.

The process for receiving technical support is as follows:

Telephone or email iLs to set up an appointment with an iLs Engineer at 303-399-4183, or service@integratedlistening.com. We understand equipment problems require a quick response, and we will reply to you as soon as possible. Please provide contact information, phone and e-mail, as well as a brief description of the problem you are experiencing.

Please keep the original order confirmation or invoice number for your iLs Focus System to track your warranty period.

WARRANTY

Integrated Listening Systems guarantees the entire Total Focus System including iPod, headphones and bone conductor, Integration Kit, iLs Focus Amplifier and chargers against defects in materials and workmanship for a period of 1 year from the date of order confirmation/invoice.

If a defect exists, iLs will, at its option:

- 1) Repair the product at no charge, using new or refurbished replacement parts, or,
- 2) Exchange the product with a product that is new or which has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product.

Misuse of any component voids the warranty. The warranty does not apply to damage caused by (a) accident, abuse, misuse, liquid contact, fire, earthquake, exposure to extreme temperatures or other external cause, (b) , if applicable, removing iPod-to-Amp cable without first squeezing side buttons (c) operating the Covered Equipment outside the permitted or intended uses described by the manufacturer, or (d) service (including upgrades and expansions) performed by anyone who is not a representative of iLs. Any modifications to the headsets or cable also void the warranty.

Exclusions and Limitations

iLs is not liable for any damage to or loss of any programs, data, or other information stored on any media not covered by this warranty. Recovery and reinstallation of system and application software and user data are not covered under this warranty. Connecting your Apple iPod into a computer may result in permanent data loss. This is not recommended and resulting loss is not covered by this warranty.

INTEGRATED LISTENING SYSTEMS (iLs) IS NOT RESPONSIBLE FOR DIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM ANY BREACH OF WARRANTY OR CONDITION, OR UNDER ANY OTHER LEGAL THEORY, INCLUDING BUT NOT LIMITED TO LOST PROFITS, DOWNTIME, GOODWILL, DAMAGE TO OR REPLACEMENT OF EQUIPMENT AND PROPERTY, ANY COSTS OF RECOVERING, REPROGRAMMING, OR REPRODUCING ANY PROGRAM OR DATA STORED IN OR USED WITH ILS PRODUCTS, AND ANY FAILURE TO MAINTAIN THE CONFIDENTIALITY OF DATA STORED ON THE PRODUCT. iLs SPECIFICALLY DOES NOT REPRESENT THAT IT WILL BE ABLE TO REPAIR ANY PRODUCT UNDER THIS WARRANTY OR MAKE A PRODUCT EXCHANGE WITHOUT RISK TO OR LOSS OF PROGRAMS OR DATA.

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